**Nutrition Questionnaire**

**SECTION A (Generality)**

1) School name: …………………………… 7) Father’s education:………………….

2) Class:……………….. 8) Mather’s education:…………………………

3) Age……………….. 9) Father’s job:………………………………..

4) Gender: □ Male □ Female 10) Mather’s job:………………………………….

5) Weight:…………… 11) Nationality: ………………………

6) Height……………….

**SECTION B. Food frequency consumption**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Seldom/Never | 1 per month | 2-3 per month | 1 per week | 2-3 per week | 4-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6 or more per day |
| B1. How often do you usually consume pasta/rice? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B2. How often do you usually consume meat? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B3. How often do you usually consume fish? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B4. How often do you usually consume cheese? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B5. How often do you usually consume eggs? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B6. How often do you usually consume vegetables? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B7. How often do you usually consume fruit? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B8. How often do you usually consume sweets? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B9. How often do you usually consume snacks? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B10. How often do you usually consume fried foods? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B11. How often do you usually drink sugary drinks? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| B12. How many liters of water do you usually drink? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

**SECTION C. Meal habits**

C1. What do you usually eat at breakfast (1 answer)?

□ milk / yogurt / cereals

□ chocolate / milk / biscuits

□ coffee / cappuccino / tea

□ pizza / focaccia / toast

□ fruit juice

□ sweets

□ marmalade / rusks / butter

□ snacks

C2. Which fast-food do you usually consume (1 answer)?

□ pizza

□ hamburger/hot dog

□ sandwiches

□ kebab

C3. Which snacks do you usually consume (1 answer)?

□ backery/biscuit

□ sandwiches/pizza

□ home-made cake

□ fruit

□ yogurt

□ potato chips/pop corn

C4. Where do you usually eat breakfast?

□ at home

□ at cafe

□ during the journey to school

C5. With whom do you eat breakfast?

□ alone or with brother/sister

□ mom/dad

□ the whole family

□ friends

□ grandparents

C6. With whom do you eat at lunch?

□ alone or with brother/sister

□ mom/dad

□ the whole family

□ friends

□ grandparents

C7. With whom do you eat at dinner?

□ alone or with brother/sister

□ mom/dad

□ the whole family

□ friends

□ grandparents

**SECTION D. Breakfast and snack habits**

D1. Do you eat breakfast?

□ never

□ 1 per week

□ 2-3 per week

□ 4-5 per week

□ 6 or more per week

[ if NEVER ] **🡪** why?

□ not enough time

□ I don’t like

□ anyone cook

□ other

D2. How long do you spend on breakfast?

□ less than 5 minutes

□ 5-10 minutes

□ 10-15 minutes

□ 15-20 minutes

□ more than 20 minutes

D3. How many times do you eat at a pizzeria/ pub/ fast-food/restaurant during 1 week?

□ never

□ 1 per week

□ 2-3 per week

□ 4-5 per week

□ 6 or more per week

D4. How many times a day do you eat in-between meals?

□ never

□ 1 per day

□ 2 per day

□ 3 per day

□ 3 or more per day

**SECTION E. Influences on food choice**

E1. Do you have a television in your room?

□ yes

□ no

E2. Do you independently choose which programs you watch on TV?

□ always

□ sometimes

□ never

E3. Do you watch TV during meals?

□ always

□ sometimes

□ never

E4. What do you eat when you watch TV (or at cinema)?

□ never

□ 1 per week

□ 2-3 per week

□ 4-5 per week

□ 6 or more per week

E5. According to you, commercial advertisings:

□ are very funny

□ are nice

□ indifferent

□ are boring but you watch them

□ change channel and you don’t watch them

E6. According to you, how often are commercial adverts honest?

□ always

□ often

□ sometimes

□ rarely

□ never

E7. Who or what influences your food choice?

□ family

□ friends

□ school

□ commercial advertisings

□ no, anyone

E8. How often do your parents restrict your food choice?

□ always

□ often

□ sometimes

□ rarely

□ never

E9. How often do you like to eat food advertised on TV?

□ always

□ often

□ sometimes

□ rarely

□ never

**SECTION F. Lifestyle and physical activity**

F1. Do your parents smoke?

□ neither

□ one

□ both

F2. Do you smoke?

□ no

□ less than 10 cigarettes a day

□ 11-20 cigarettes a day

□ more than 20 cigarettes a day

F3. How many of your classmates smoke?

□ anyone

□ few

□ many

F4. How many times do you practice a physical activity during 1 week?

□ 6 or more per week r

□ 4-5 per week

□ 2-3 per week

□ 1 per week

□ never

F5. What do you prefer to do during free time?

□ practice a sport

□ watch TV/listen to music/read a book/use computer/play video-games

F6. How many hours do you spend watching TV or on a computer?

□ less than 1 a day

□ 1-2 a day

□ 3 a day

□ more than 3 a day

**SECTION G. Nutrition knowledge**

FOOD NUTRIENTS

G1. What are macronutrients?

□ carbohydrates and proteins

□ carbohydrates, proteins and fats

□ carbohydrates and fats

□ carbohydrates, proteins, fats and vitamins

□ not sure

G2. How do you define vitamins?

□ essential substances present in small amounts in food

□ energy-rich substances

□ essential substances synthesized in our body

□ useless substances

□ not sure

G3. In a balanced diet you should avoid:

□ carbohydrates

□ fats

□ any of them

□ proteins

□ not sure

G4. Which of these is more essential for your body?

□ vitamins and minerals

□ proteins and carbohydrates

□ fats

□ all of them

□ not sure

FOOD CONTENTS

G5. Which part of egg contains fat?

□ both of them

□ albumen (whites)

□ yolk

□ any of them

□ not sure

G6. What does “dietary fibre” mean?

□ the fibrous part of the meat

□ the skin of fruits

□ indigestible part of vegetables

□ a dietary supplement

□ not sure

G7. Which fruit contains the most vitamin C?

□ apple

□ melon

□ orange

□ grapes

□ not sure

G8. Meat is rich in:

□ carbohydrates

□ proteins

□ fats

□ vitamins

□ not sure

G9. Pasta and bread are rich in:

□ carbohydrates

□ fats

□ proteins

□ vitamins

□ not sure

G10. Fruit and vegetable are rich in:

□ vitamins

□ fats

□ proteins

□ carbohydrates

□ not sure

HEALTHY FOODS AND DRINKS

G11. According to you, milk is a food for:

□ children

□ people of all ages

□ elderly people

□ sick people

□ not sure

G12. Which do you think is better a drink to quench your thirst?

□ water

□ fruit juice

□ sugary drink

□ energy drink

□ not sure

 According to you, which is the healthiest food?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **G13** | □ toast with tomato | □ snack  | □ toast with ham | □ not sure |
| **G14** | □ fish  | □ hamburger | □ fried fish | □ not sure |
| **G15** | □ yogurt  | □ yogurt cake | □ both | □ not sure |
| **G16** | □ a glass of milk | □ milk cake | □ both | □ not sure |
| **G17** | □ fried potatos | □ baked potatos | □ both | □ not sure |
| **G18** | □ orange | □ orange juice | □ both | □ not sure |
| **G19** | □ fruit smoothie | □ fruit salad | □ both | □ not sure |

ENERGY EXPENDITURE

G20. In which activity do you expend more energy?

□ playing soccer

□ reading a book

□ playing video-games

□ sleeping

□ not sure

G21. Which of these foods is more energy-rich?

□ bread

□ nuts

□ rice

□ cereals

□ not sure

G22. What does the amount of food you eat depend on?

□ energy expenditure

□ age

□ weight

□ height

□ not sure